



iFitness

Description

LIMITED TIME SALE Raved about by The New York Times, Washington Post, ABC News and the countless people that have made iFitness the #1 selling fitness app worldwide! Achieve your goal of getting and staying fit with iFitness!

iFitness is a comprehensive exercise database that provides clear pictures, videos and instructions – all within the palm of your hand.

Regular exercise is essential for becoming and staying fit. Experts recommend changing your workout routine regularly to keep your body from growing accustomed to the same old routine and to keep things interesting and enjoyable.

Personal trainers can be costly though, and attempting a new exercise without assistance can lead to strain or an ineffective workout. iFitness is the solution to both problems.

iFitness provides images of people performing over 300 exercises, sorted by body region or the exact muscle it targets. Simply choose a target, tap on an exercise, and you are presented with a picture of the exercise. Double tap to flip the image and reveal clearly worded instructions on the back - directing you step-by-step. For more difficult exercises, a single tap on the video icon brings up video instructions!

You can even add exercises to your custom workout list, and make several workouts for different days of the week. Are we missing an exercise? You can add your own custom exercise to ensure your complete workout is there.

Want to track your progress? Tap the log icon and easily record your progress. Your data is saved and presented to you in an easy to understand form, and can be sent to your email with just one finger tap. Why waste money on all of those separate "logging apps" that litter iTunes?

Want routines you can perform? Our registered fitness experts have included 15 routines that target everything from weight loss to strength building. For those who travel, there is even an equipment-free routine for you.

Beautifully designed, iFitness looks and functions as a real iPhone/iPod application should. Don't be fooled by our competitors - there is a reason we are #1. Exercises range from using free weights, cables, machines, exercise balls to even no equipment!